

## ABSTRACT

A height adjustable lamp containing a height adjustable mechanism, a lamp head, a base and a cable. The mechanism not only can let the height of the lamp be adjustable but also prevent the cable received therein from being damaged by overly  
5 twisted. The height adjustable mechanism contains an inner tube, a positioning device, an outer tube, a fastener, and a sleeve. The positioning device is connected to a rear end of the inner tube. The outer tube has an elongated rail therein. The elongated rail is engaged with the positioning device for preventing the inner tube from rotating in the outer tube. The fastener has plural inward claws at a first end thereof, a threaded  
10 portion thereon and a second end mounted to a top end of the outer tube. The sleeve embraces the fastener and the top end of the outer tube. The sleeve has a threaded portion therein and an inclined surface situated above the threaded portion of said sleeve. The lamp head is connected to a top end of the inner tube. The base is mounted to a rear end of the outer tube. The cable is received within the inner tube  
15 and electronically connected to the lamp head for providing electric power to the lamp head.